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FIG. 1

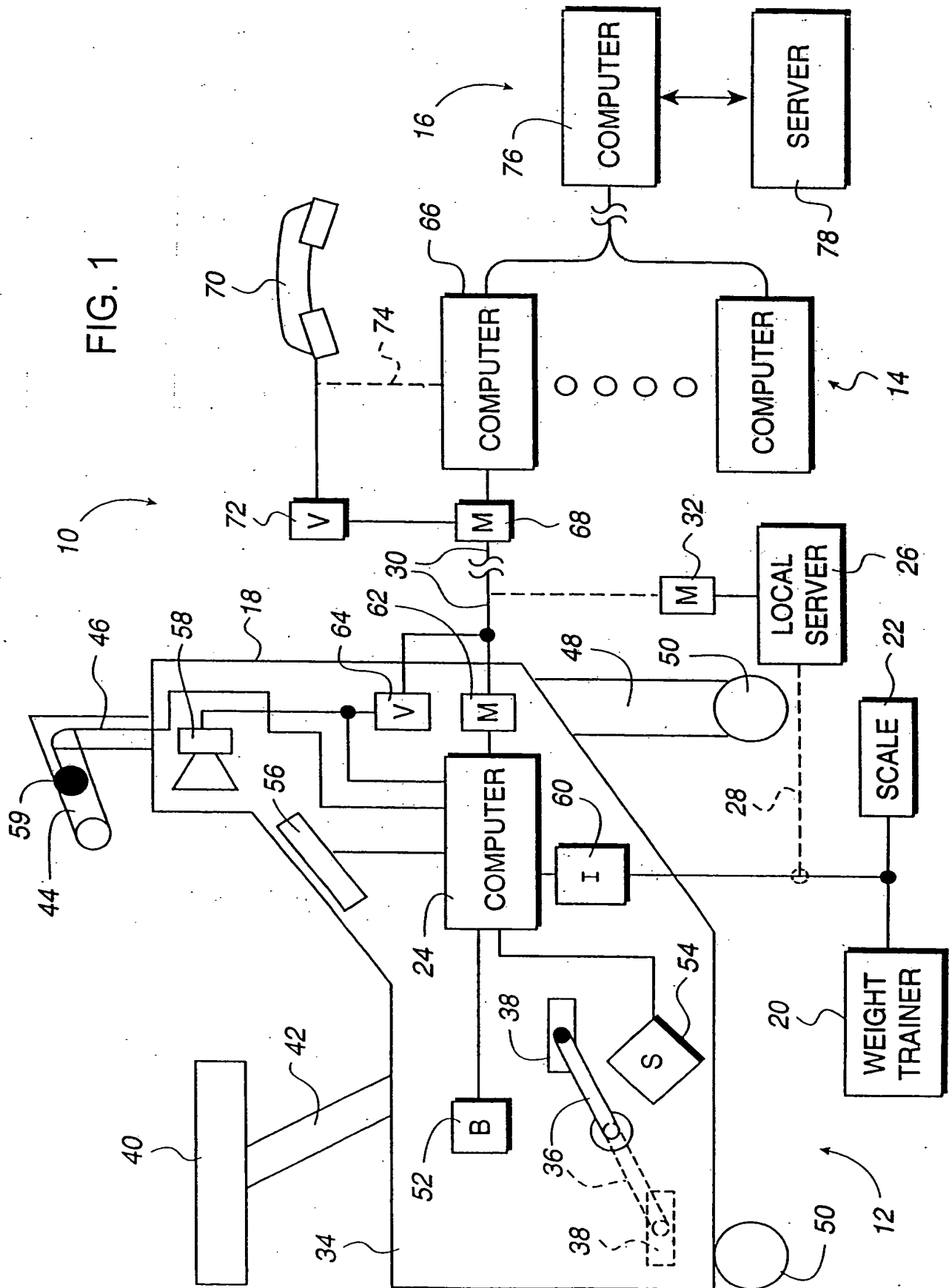


FIG. 2

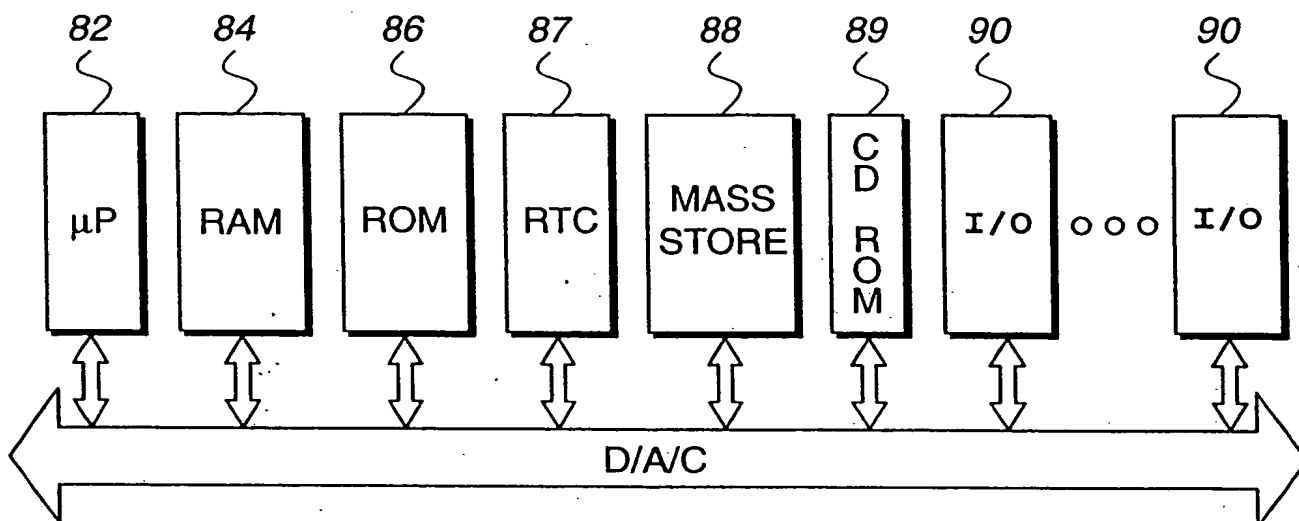
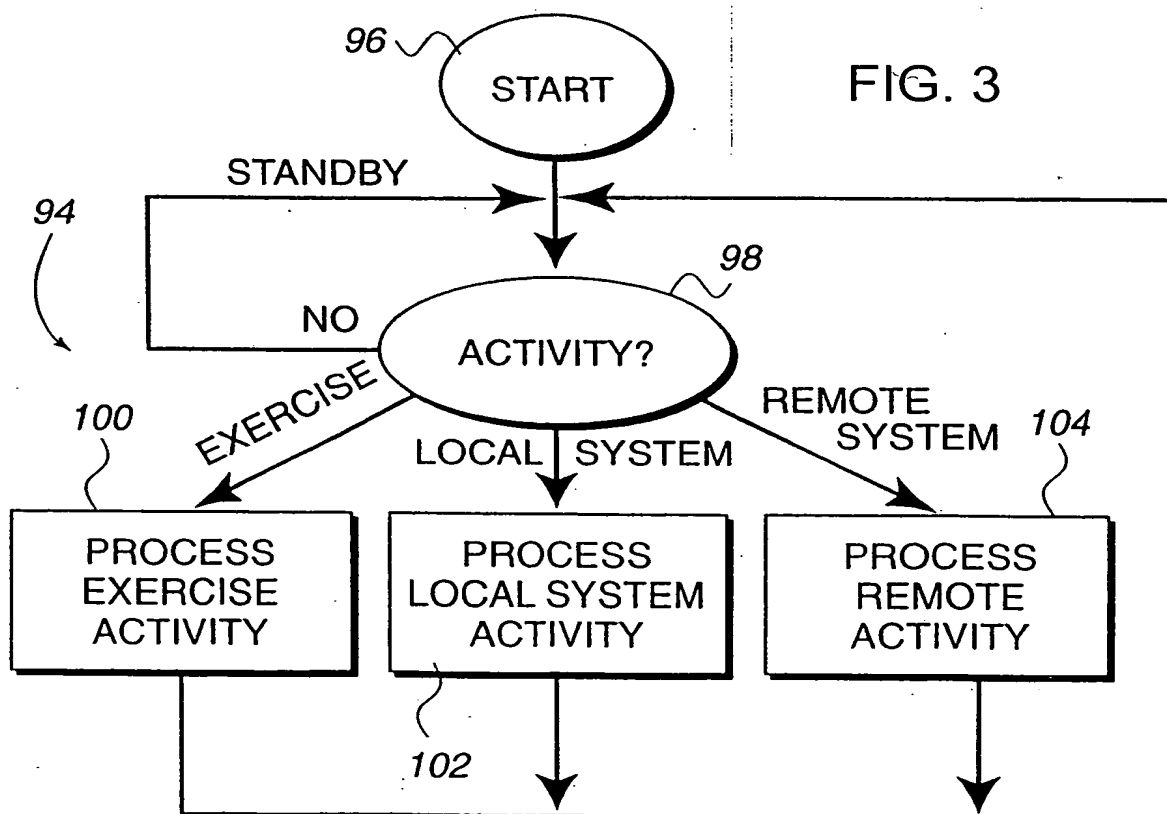
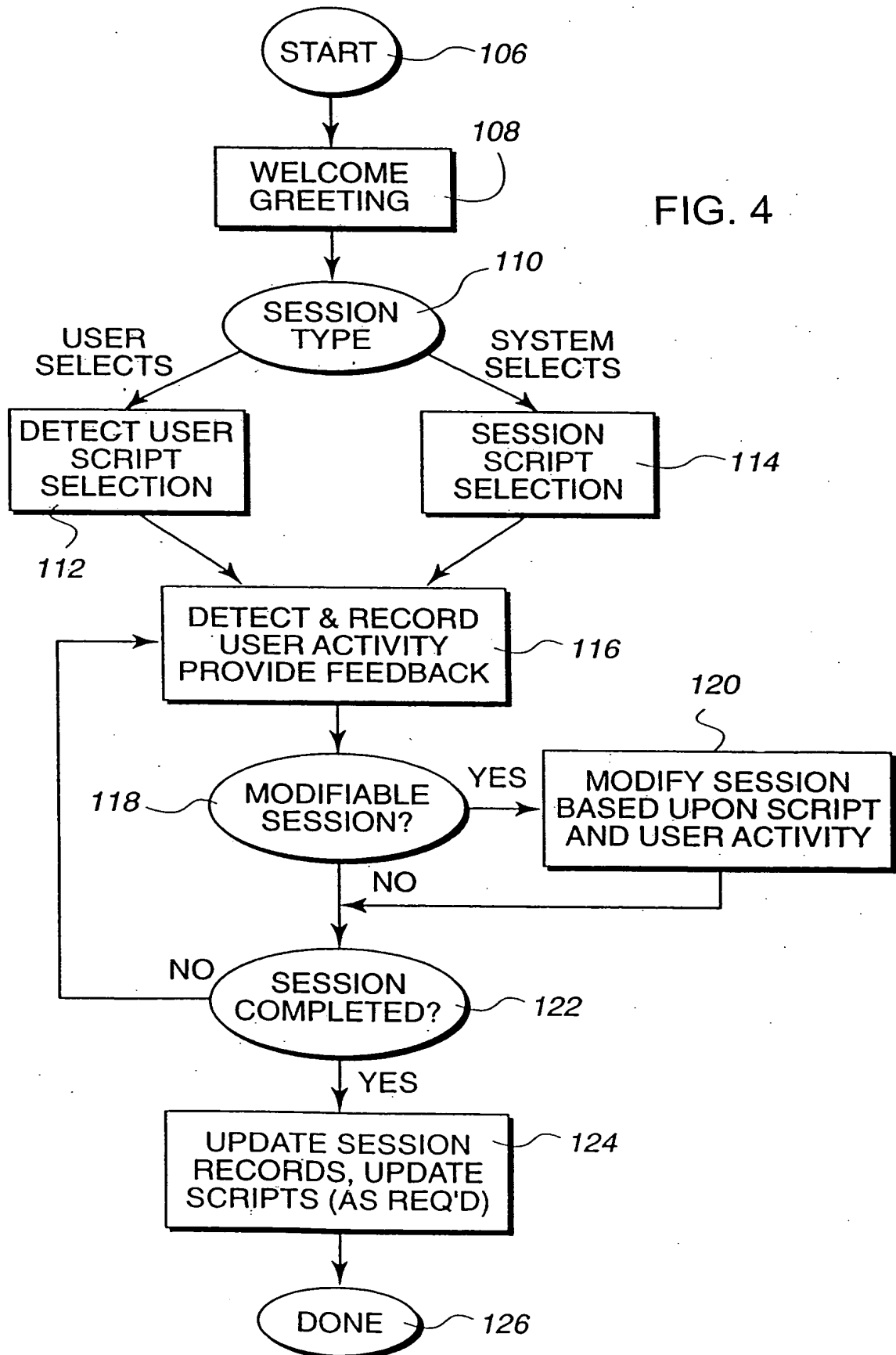


FIG. 3





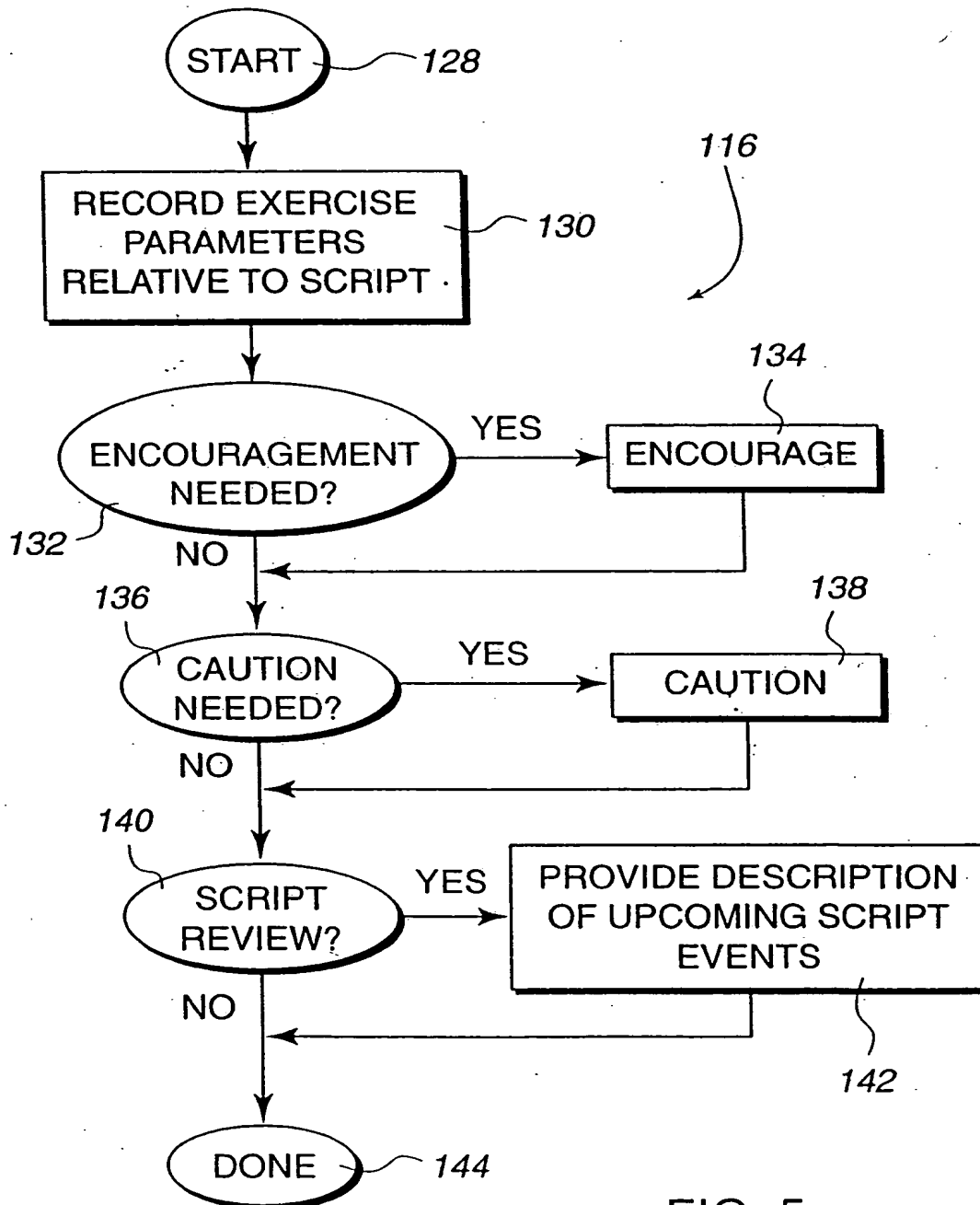


FIG. 5

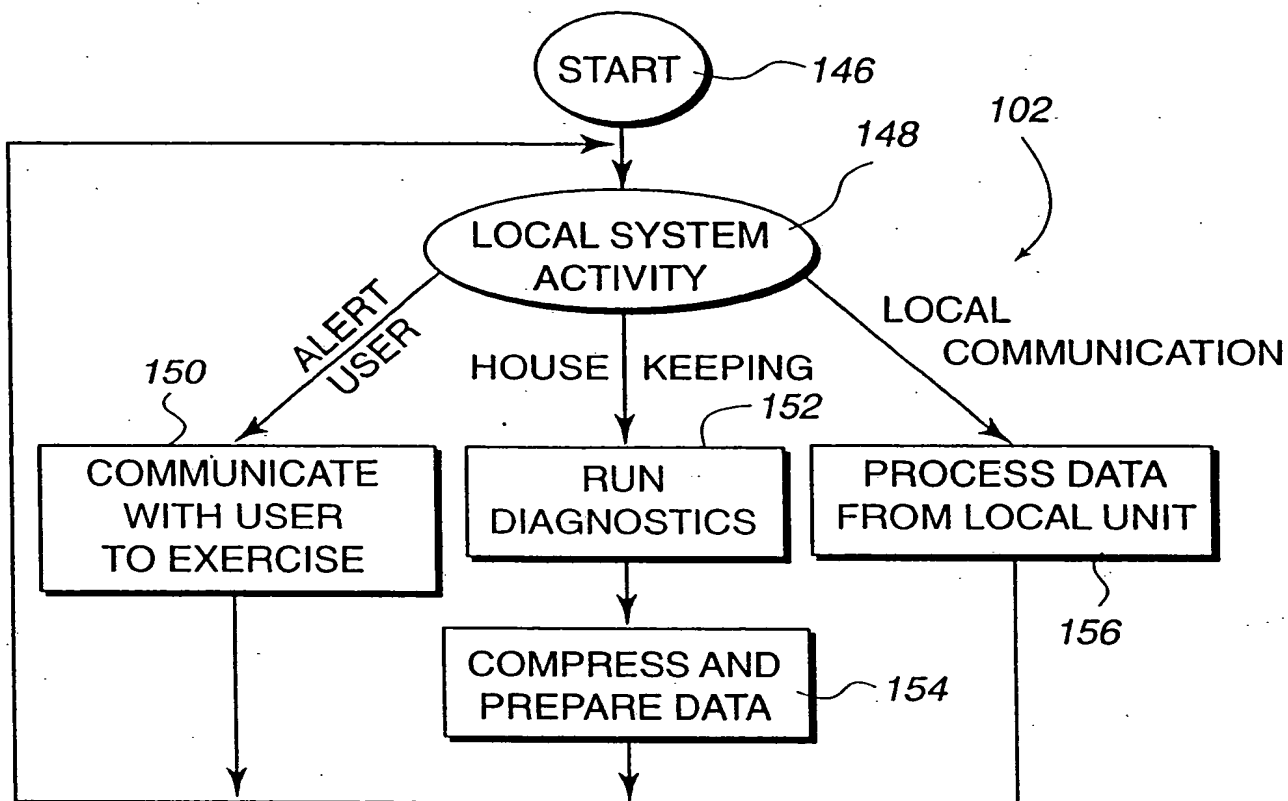


FIG. 6

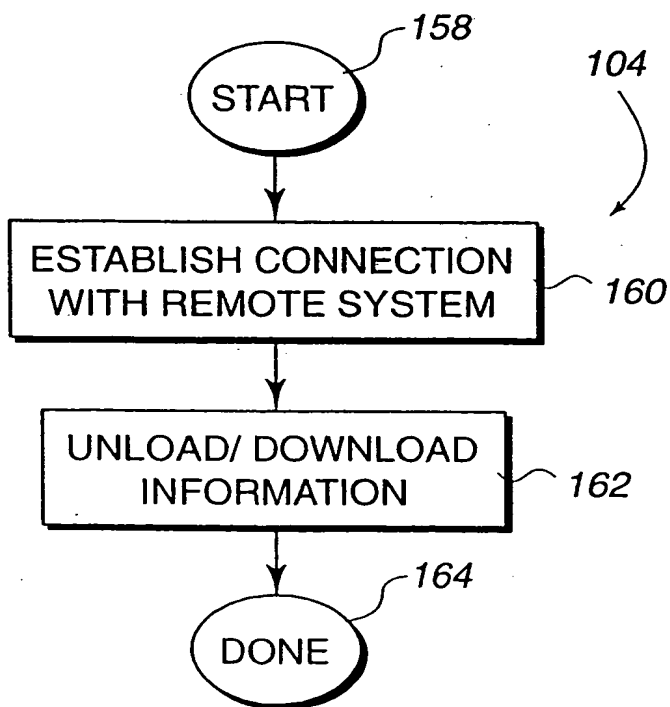
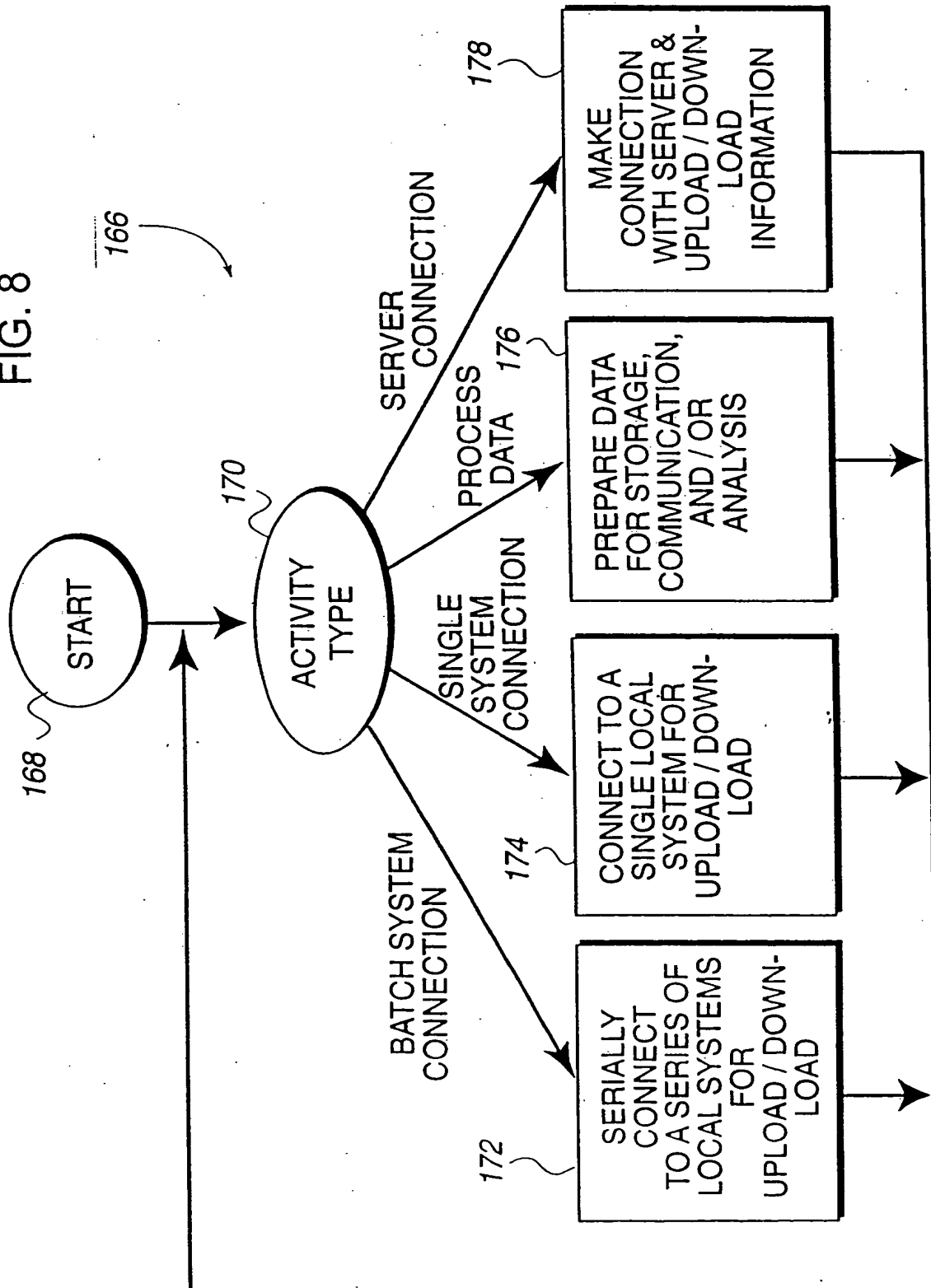
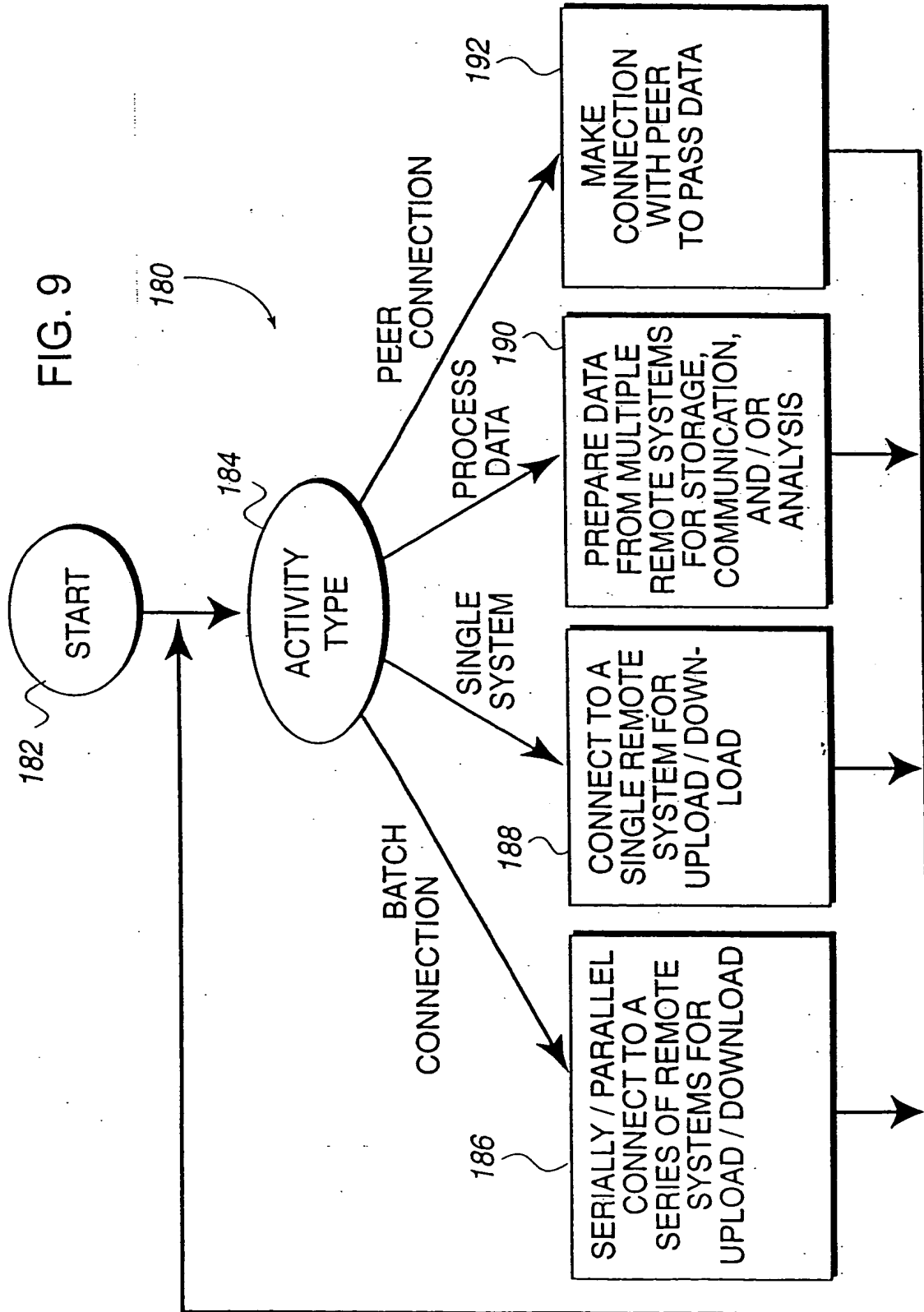


FIG. 7

FIG. 8





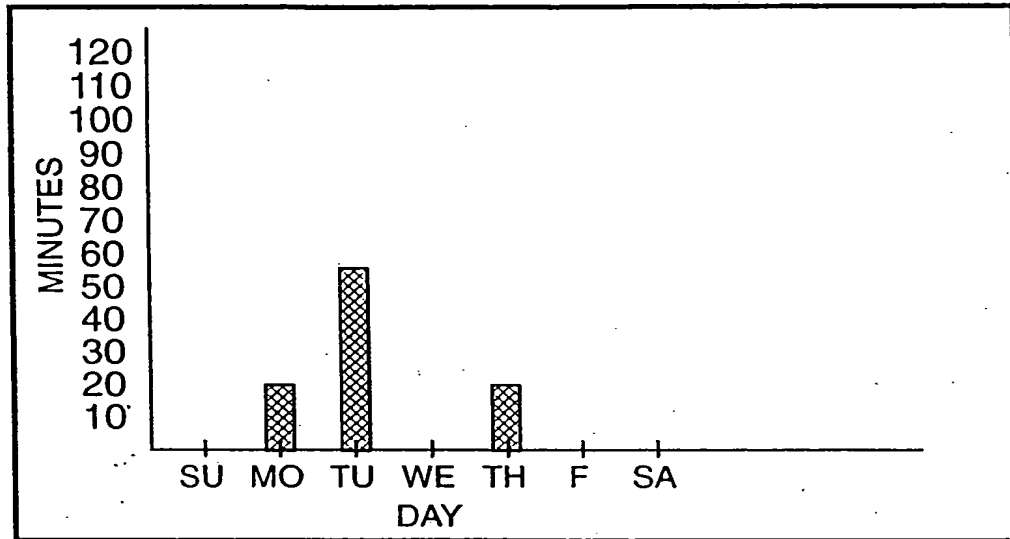


FIG. 8a

<u>SUNDAY</u>
NO EXERCISE
<u>MONDAY</u>
—10 MINUTES CYCLING
—232 CALORIES
—6 MINUTES AT 80% HEARTRATE
—1.8 MILES
—DIFFICULTY 6
—10 MINUTES WEIGHTS
—172 CALORIES
—20 REPS @ 100 LBS
—20 REPS @ 80 LBS
<u>TUESDAY</u>
ETC.

FIG. 8b

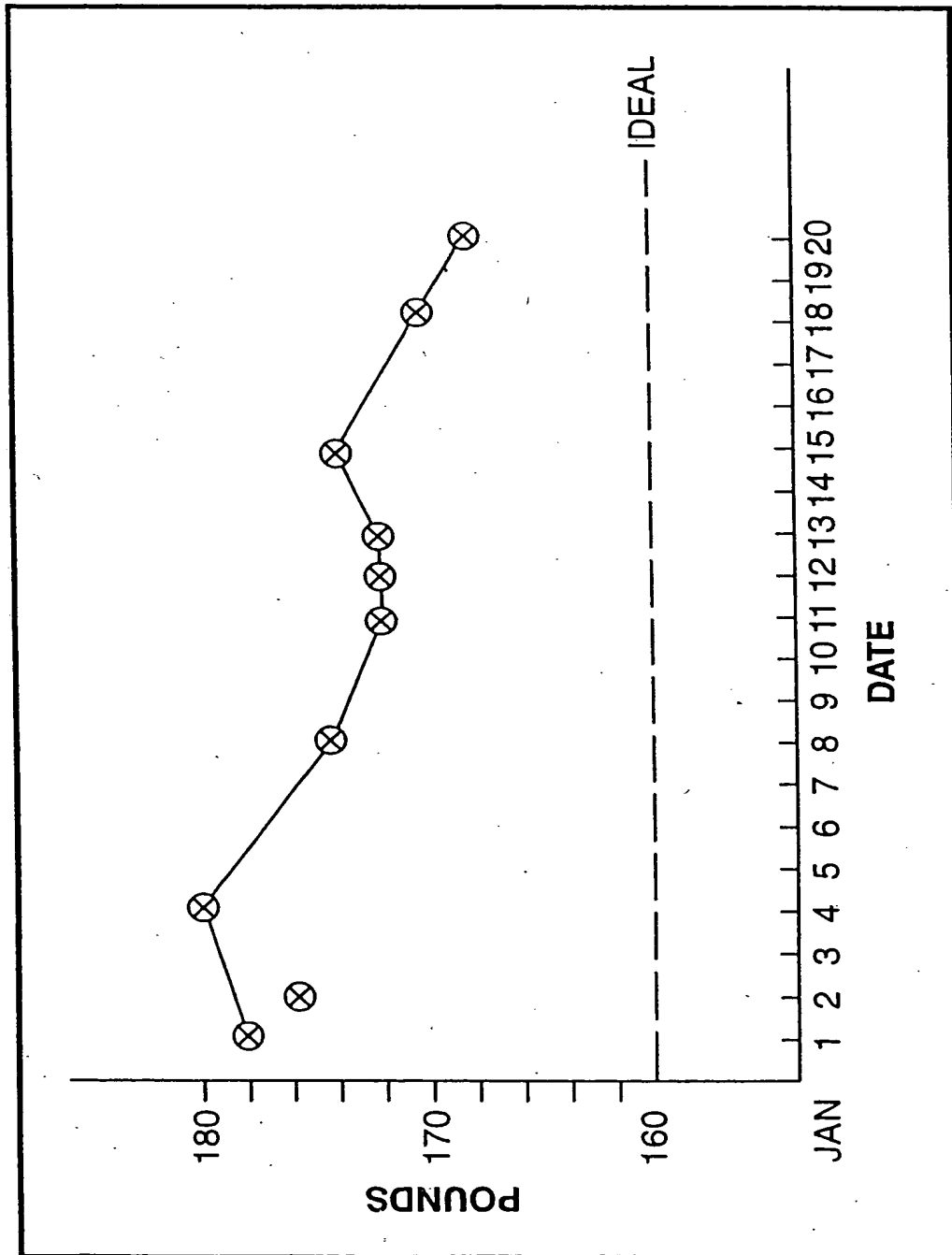


FIG. 8c

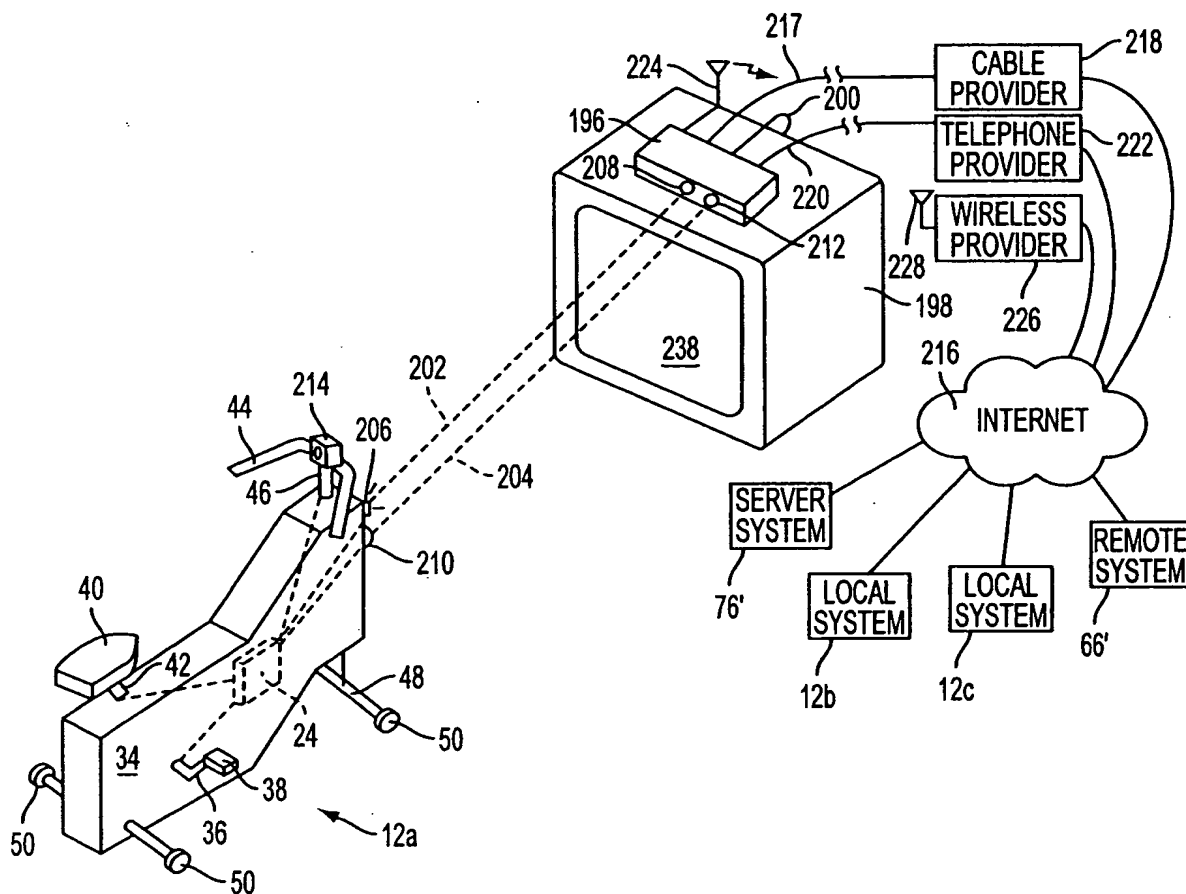


FIG. 10

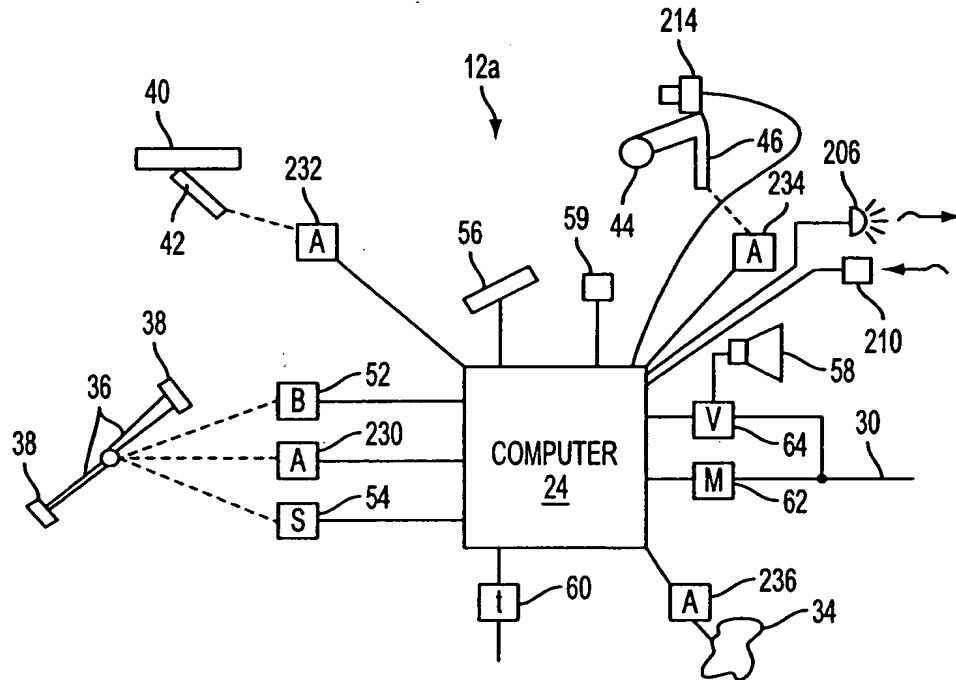


FIG. 11

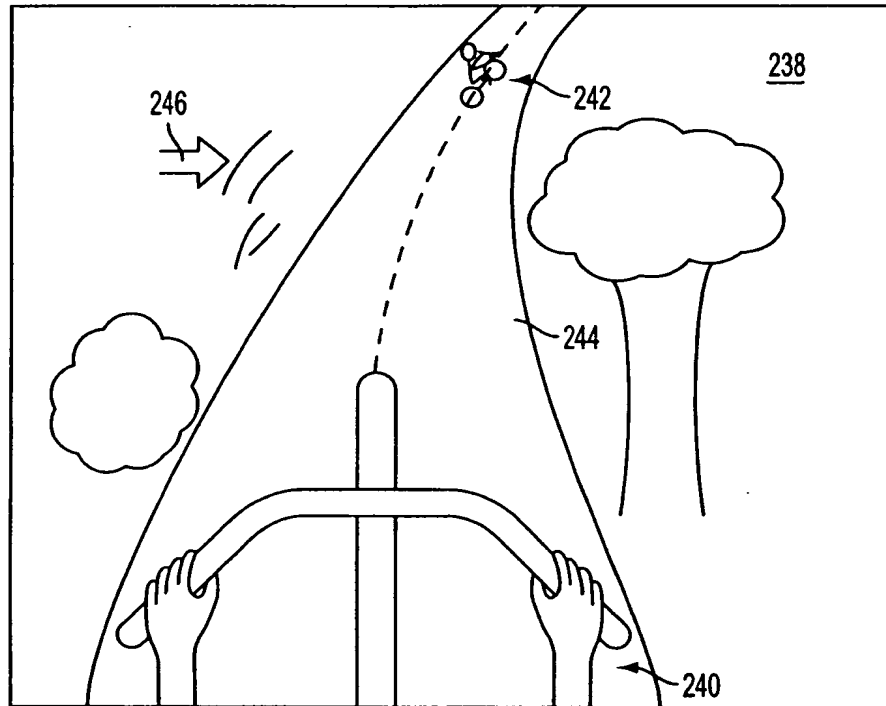


FIG. 12